

Blood Stasis

瘀血瘀阻 — Yū Xuè Yū Zǔ

“Memory feels blocked or difficult to access”



What it may feel like

- Memory problems that appear **relatively suddenly**, particularly following an **injury or neurological event**
- **Increasing memory lapses over time** in chronic cases
- **Difficulty recalling information**
- Forgetfulness accompanied by **other changes in cognitive function**

This is less the ordinary “Where did I put my keys?” type of forgetfulness and more **a pattern where circulation, trauma or a significant previous event forms part of the picture.**

May also come with

- Fixed or focal headaches
- Chest discomfort
- Persistent insomnia
- Restless or dream-disturbed sleep
- Dark or purplish colouration of the lips or complexion
- Visible vascular congestion in some cases

Often linked to

- **Previous head injury**
- **Trauma**
- **After-effects of stroke**
- **Long-standing stagnation**
- **Poor recovery following a difficult childbirth**
- **Chronic circulatory problems**

What May Help

In Chinese medicine, treatment include **acupuncture and Chinese herbal medicine**, with a focus on encouraging healthy movement of qi and blood and addressing areas of stagnation.

- **Gentle regular movement**
- **Supporting overall cardiovascular health**
- **Appropriate rehabilitation** following injury or illness
- **Adequate rest and recovery**

Possible Western medical overlap

For general understanding only — not a diagnosis.

Post-concussion memory problems • Post-stroke cognitive changes • Vascular causes of cognitive impairment

A final note

Chinese medicine patterns are not fixed categories, and more than one pattern may be present at the same time.

The information in this guide is intended for general education only and does not replace individual assessment or medical advice.

If forgetfulness is **sudden, unusual, worsening, persistent, or accompanied by other concerning symptoms**, please seek appropriate medical care.

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